

QC

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evolves into a tranquil
paradise **P. 4**

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How to stay safe and
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Wednesday Night
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ALL FOR CANADA

HOW SENATOR DENISE BATTERS
TURNED PERSONAL TRAGEDY
INTO A WAY TO HELP OTHERS
P. 4



FREE

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—*Louisville Courier Journal*

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ON THE COVER P. 5



Dorise Sisters claimed the Dave Davies Memorial Golf Tournament in 2010 in honour of her husband who battled anxiety and depression before committing suicide. go bit.ly/14H40d508

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A fountain in the backyard of the home of Ruth Dupuis and Monica Wells in Regina. go bit.ly/14H40d508

QC COVER PHOTO BY DON HEALY

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SPACES

REGINA'S BEST SPACES

Whimsy and Zen unite in backyard

By Ashley Martin

WHO? Monica Wells and Russ Duerksen

WHAT/WHERE? The yard of their south-Regina bungalow

WHEN? Wells bought the house in July 1999 for its location near Glen Road School, which both of her kids attended.

The house was "white and boring" when she bought it, but Wells has put her stamp on the whole place in the 16 years since.

WHY? The backyard doubles their living space in the summer time. Wells wanted it to be comfortable and great for entertaining.

On an overcast Sunday morning, birds chirped and fountains crackled in both fountains. The sound of running water blended with meditative music playing in the sound system.

"I want to create an energy that lifts up, inspires, and at the same time, relaxes. I find it serene, I find it comfortable," says Wells.

She wanted to create "a home away from home, at home. We don't go anywhere."

HOW? The yard "grew organically," she says.

Its current state started in 2006 when Wells's son's suggestion that she replace a window with a door on the side of the house.

"That allowed us to bring more outside," says Wells.

Then it needed a deck. She dealt with a laugh.

Covering the deck meant being able to sit outside all weather. Spending more time outside, she wanted to enhance the atmosphere.

Lots of little touches combine to make the yard almost spa-like.

"I see it as a mix of whimsy and almost Zen-like," says Wells.

A pebbled pathway is sprinkled up with dollar-store gems.

The deck is painted a calming grey. There are several water features up



including a fish pond and a corner fountain.

"The birds drink out of it, the sparrows drink out of it, the cats drink out of it," says Wells.

Virginia creeper along the chain-link fence offers privacy. Near round Christmas lights strung along the fence brighten the yard at night.

The "labour of love" pathway leads to a separate vegetable garden.

The yard is used with perennial classics, plus dog fies. Some flowers are especially to some birds and butterflies.

Supporting nature is important to Wells. She hopes to have adult house in the future. She is content to watch squirrels eat and play in the basket in one of the tall trees.

There are several spots in the yard that facilitate sitting back and

observing. A hot tub, an outdoor lounge room complete with a fireplace and two fireplaces, a table, a chair, a lounge set for coffee and a hammock for lounging.

There's also a hot house, which was built in 2006 and plants the best view. It will serve as a tropical and kid-friendly spot in the New Denver Harbourside Secret Gardens Tour next weekend.

It's the 18th year for NRH's biggest annual fundraiser and its first year including gardens specifically geared to children.

The tour runs July 10-12. For tickets (\$49.95 for adults), call NRH at 306-326-0300 or visit newdenverharbourside.com.ca.

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ON THE COVER

We were kindred spirits, I guess.
—Denise Batters, on her husband Dave Batters

CANADIAN POLITICS

Mental health a cause close to Batters' heart

By Ashley Martin

Denise Batters' first words to her father-in-law were about the weather.

In November in Skekotchewan, what better weather is there?

The weekend of Nov. 26, 1988, they were both visiting Saskatchewan, in town for the Progressive Conservative Party's annual convention.

It was chilly though not as frigid as our climate can be, however, noted her father.

That while crossing Skat Street East from the Centennial Auditorium (now TD Place) to the Hotel day inn (now the Hilton), it was cold enough for Denise to suggest an, in French culture, upgrade.

"It's too bad they don't have an underground tunnel here so we don't have to go through this cold," she remembers telling him.

"Where are you from?" he replied.

"Regina," she answered.

"Not a place where we have underground tunnels to escape the cold," she says, laughing.

It was the beginning of a friend ship.

Denise was living in the Queen City in her second last year of a political science degree at the University of Regina. Dave was a novelist—living in his hometown of Estevan when they met. Then in Regina for a couple of months before moving to Saskatoon to attend the University of Saskatchewan.

As they got to know each other, "We had some very expensive phone bills," says Denise.

In 1990, she moved to Saskatoon for law school and their relationship got serious. They married in 1991.

They had lots in common—sports careers, similar family backgrounds and politics.

"We were kindred souls I guess," says Denise. "He was a very funny man. He could make me laugh in pretty much any circumstance."

It's fitting that they met during a political campaign. Both had as proud cause childhood to work in gov-



Denise Batters is one of six Saskatchewan senators. Since she was 12, the Regina lawyer dreamed of being a senator one day. (COURTESY OF DENISE BATTERS)

ernment.

From the get-go, she says Dave wanted to be an elected official—either in Parliament or the provincial legislature. He was informally and was, as the PM's aide riding in 1984, but not before giving his wife the "right of first refusal."

"He thought I should be the MP and I really was convinced he should," says Denise.

Besides, the senate had always appealed to her. "I loved the idea of sober second thought."

She got her wish in January 2013 when Prime Minister Stephen Harper

appointed her a senator in part because of her work as a mental health advocate.

Denise took on that cause in 2008 when after two years living with severe anxiety and depression, Dave committed suicide.

♦♦♦♦

Denise Batters has a clear memory of Leap Day 1984.

She was 13, driving with her family to Winnipeg to see her cherished New York Islanders play. It was her first time seeing an Islanders game in person, and her favourite player

Pat LaFontaine's debut with the team.

The song on the radio was the news that Prime Minister Pierre Trudeau would be retiring as leader of the Liberal party.

"To me that was a great day," says Batters. "This was good for Canada."

There was never a question of Batters' political leanings.

"I knew I was conservative from the time I was pretty young," she says.

Her dad Steve Lesiak owned the monthly Allied Sales and was firm opponent for a living.

"How Pierre Trudeau treated farmers did not go over big in our household," says Batters.

Steve and Jean Lesiak openly talked politics at home, which might have passed their eldest daughter's interest.

As a child, she'd page through the *Leader-Post* for articles about law and government.

She would take the newspaper and be more like an adult. She'd read all the stories in it," says Steve Lesiak. She'd listen to radio newscasts with him.

Continued on Page 8

She is the baby of the Senate, but she's been around the block a few times... (She) gets many of us motivated — Senator Don Platt

In Grade 4 at St. Andrew School, Batters knew she wanted to be a lawyer. She says she liked "the idea of advocating for something that you believed in and trying to make a difference in an individual person's life or with government."

After the advice that she decided she wanted to also be a senator one day.

"My parent takes it. Oh yeah, sure, dream on!" Laskin says with a laugh, "but with her case, if she said it, it usually she makes it happen in the pretty incredible part of her."

Only once did Batters' interests waver — as a Grade 11 student at Miller High School. But an aptitude test proved she was "off the charts" suited for law.

After finishing law school in Saskatoon in 1994, Dave and Denise moved to Regina, where Denise was the first woman to privately practice law.

When they returned to Regina in 1997, she spent 10 years at Coopers & Lybrand.

During that time, the couple briefly considered leaving the province.

"We were a rarity that we stayed in Saskatchewan," says Batters. At that time, everyone they knew from university had moved to Alberta or U.C.

But the idea was fleeting.

"If we moved, (Dave) said, 'I think every time we'd watch Saskatchewan coming out of the river or something like that, you'd probably start to cry.'" She agreed.

When the Saskatchewan Party was elected in November 2009, Batters became chief of staff to Justice Minister Lou Morin. In 2012, she spent seven months with Crown Prosecutors General before her lobbying demands came true.

On Jan. 15, 2013, she became one of Saskatchewan's six senators. At 41, she's the youngest member of the red chamber, the average age is 58.1/2.

"She is the baby of the Senate, but she's been around the block a few times," says Manitoba Senator Don Platt, who serves alongside Batters on the legal and constitutional affairs committee. "She gets many of us motivated... She does her homework."

She also brings empathy to a committee that so often considers cold, hard facts, says Platt.



Senator Batters celebrates with her wife Denise and daughter, Dave Batters, at Moose Jaw after his Reform riding victory in 2005. JP photo: H2020

He recalls a mother once telling the legal and constitutional affairs committee members about her daughter, who had been kidnapped, raped and murdered.

"We (were) all struggling with what kind of a question we can ask this mother," says Platt. He remembers Denise pitching in with: "Tell me about your daughter — so that we can remember her as a person, rather than just a number here at our committee."

"She does this all the time at our table."

Batters says sponsoring the prostitution bill, which passed in November, was one of her most rewarding experiences as a senator.

"It made me feel like I was helping to change things for the better," says Batters, as it placed the focus on criminalizing behaviour of pimps and pimps.

"To think that I'm making a difference is what propels me forward."

Lately the Senate has been enveloped in controversy.

In 2011, three senators (including Saskatchewan's Pamela Wallin)

were suspended without pay after claiming hundreds of thousands of dollars in ineligible travel and housing expenses.

Last month, the auditor general reported some senators spent with abandon on meals, cellphone bills and holiday cards and could have saved taxpayers upwards of \$100,000.

The auditor's report gives momentum to calls for the Senate to be more accountable and transparent in its spending.

Batters calls it a "major step in our

efforts to modernize the Senate."

On the hot topic of Senate reform, Batters agrees with looking at term limits or elections for senators.

She says the Senate must become more open, transparent, accountable and modern, and they're working on it.

Improving communication is a start, she says: "People don't really know what we do. The major thing that they hear about the Senate are the scandals."

"I want to help them find out more about it."

I think what Dave's case really illustrates is that this can happen to anyone — Batters



Living a senior's life provided Denise Batters with a platform for her mental health advocacy. OPUS PHOTO BY TIAN OUTLORE

Being a senator has provided Batters a national platform for her mental health advocacy — sitting, she says, in 2006 the Senate cosponsored the first national mental health study.

She has worked with people like Gov. Gov David Johnston, TSN host Michael Landsberg and Olympian Clara Hughes to raise awareness of mental illness.

"I'm sure every person literally in our country could talk about some family member that has gone through some issues," says Platt. "If somebody has a broken leg or somebody has cancer — we talk about it. Mental health we don't want to talk about, and she's really brought that to the forefront, that we need to talk about it, we need to recognize it."

♦ ♦ ♦ ♦

On June 26, 2004, 36-year-old Dave Batters was elected to the House of Commons — barely.

He won by 135 votes.

"It's a way that was the beginning of his mental health issues," says Denise. "That 134 never leaves you."

Even though he was elected in 2006 by a tighter margin (5,444 votes), his Conservative Party held a minority government. She says the "constant threat of elections" preoccupied Dave.

He had just started travelling all the time, working at 4 a.m. every Monday to catch a flight to Ottawa. He was overworked during the week, then again on weekends in Regina attending events to meet supporters and potential voters. He had trouble sleeping.

His stress started with kneeless anxiety, for which he was prescribed medication. He became dependent on benzodiazepines. Depression set in.

"It's weird on both how that that can happen, because it was really only the last year and a half of his life that he became quite ill with it," says Denise.

In July 2008, he went on medical leave after an unreported suicide attempt.

Dave wanted to look his addiction to the stronger drugs, Denise says, in get healthy again.

He was prescribed less addictive medication but because the new drugs took about six weeks to kick in, "he was honestly a person with severe anxiety and depression and sort of unmedicated," says Denise.

During that period of time, there was he lost hope.

In early September, Dave announced he would not be seeking re-election and issued a public statement "with that hope that others who suffer from these conditions will seek the



Denise Batters speaks at her Champion of Mental Health Award in Ottawa on May 5, 2012. PHOTO BY NELA SPOUSE AND IRENE SPOUSE-WOODS. BARRY

assistance they need," he said. "There is still a stigma attached to such illnesses and I want to make sure people realize these are conditions that can strike anyone and need to be treated."

"He did that because he wanted to help people," says Denise, who conceals her husband's history by speaking as vaguely.

In 2009, he didn't have left Let's Talk Day yet, we didn't have all these athletes and media personalities and that sort of thing coming out and talking about mental illness. Nobody was talking about it then," says Denise. "He was really an early trailblazer in that arena about mental illness."

Dave's recovery was up and down. Sometimes it seemed he was getting better, other times Denise knew he was struggling.

"The last year of his life, he struggled a lot," she says.

"I think what Dave's case really illustrates is that this can happen to anyone," says the man whose husband had always been a happy guy. "Even funny, outgoing people, it's not that they're wearing a mask — that's how they're really are — but it's a health issue. It's not a personality flaw."

On June 29, 2008, Dave killed himself. He was 36.

"I think I understand his reasons probably about as well as I ever could," says Denise. "He was never ill, publicly how it happened. He was just in each pain."

"No matter how much you might prepare yourself for that possibility, you're never prepared for that possibility when it actually happens."

Continued on Page 8

Lots of times when someone dies by suicide, it becomes only about their death and not about their life
I think that suicide is kind of the final frontier of stigma. — Batters



Denise Batters, president-elect, speaks at a House of Commons health committee-organized dinner in Ottawa on March 3, 2015. CANADIAN PRESS FILE PHOTO BY SEAN WALPHEKE

Suicide accounts for 16 per cent of deaths among 25- to 44-year-olds, according to the Canadian Mental Health Association (CMHA) and depression affects eight per cent of adults at some point in their lives.

After Denise's death, Denise spent a year on her own mental health. She saw a therapist, attended grief counselling and joined support groups. She tried to keep busy.

She also started the Denise Batters Memorial Golf Tournament to raise awareness of mental illness and funds for the CMHA. (\$151,800 and counting).

In Year 3, she focused on her physical health. She started at a new gym and took up yoga. And she increasingly spoke out about mental health.

"I was opened up by what Denise did. We put out that press release today to help people and I thought I would help people by doing this," he says. Denise was honored by the Canadian Alliance of Mental Illness and Mental Health, which named her its "champion of mental health performance."

"Her life is a reminder that we can do it with him because of what he had done by being so open

about what he was suffering with."

"Her life was good, Denise says they would have become advocates for mental health."

"We actually talked about that... (Denise) a particularly good period during his absence at recovery," says Denise. "I probably wouldn't have been taking the lead in that he would have been."

Six years following Denise's death, the stakes around mental illness are shrinking as is the stigma. Denise's goal is to decrease the stigma around suicide.

"Lots of times when someone dies by suicide, it becomes only about their death and not about their life," says Denise. "I think that suicide is kind of the final frontier of stigma."

The 22nd annual Denise Batters Memorial Golf Tournament is scheduled for Aug. 10 at the Royal Regina Golf Course, 6000 Deseronto, from 9 a.m. to 5 p.m.

On Canada Day Denise Batters will be at the Wascana Centre giving official greetings on behalf of the government of Canada.

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DENISE BATTERS

Senator's Canadian favourites

FOOD

No pasta or back bacon for this July 1st and 2nd Canadian Foods back to her roots: European or not? "The 18th and 19th centuries," says Batters, is usually her favourite Canadian foods are perogies, cabbage rolls and molasses berry pie. She recommends the "invasive" bignoni restaurant in Regina.



Viviane



Dawn the Gracie

FASHION

Plaid and denim do not make the cut. Batters chose Canadian clothing as primarily due to longevity — the Saskatchewan original "boney bag" hoodie," she explains.



Cheryl

ANIMAL

Monie goat, beaver, polar bear — these are some of the most popular Canadian creatures. But Batters' favourite is uniquely Saskatchewan. "Gawker the Gracie," says the 18-year-old Batters. "My dad has had one for years. I think since the '60s in the same location."

PRIME MINISTER

Canada has had 20 prime ministers since Confederation 150 years ago but Batters doesn't need to look too far back for her preferred prime minister — here to still in office. "Prime Minister Stephen Harper, not even a question. This is a man who inspired me to the Senate of Canada. He was my husband's boss," she says. "He doesn't get credit often enough for what a warm, kind, funny man he is. ... I think he is a man of great vision."



Stephen Harper

HERO

Terry Fox, for the "incredible feat that he accomplished" in 1980 — his Marathon of Hope, which raised money for the Canadian Cancer Society. The 30-year-old ran 5,373 ki-



Terry Fox

You were just hoping that he would somehow get better and be able to carry on and finish that injury."

SPORT

"I think every Canadian has taken hockey and Batters is no exception. With no NHL team based in Saskatchewan, at age 12 she started cheering for the New York Islanders, in the middle of their four-year streak of Stanley Cup wins. During that time, the Islanders lost a few players from Saskatchewan, including Bryan Trottier (Vol. Marie) and Clark Gillies (Moose Jaws)."



Bryan Trottier

In June 1986, Batters was a Carleton Place with six players, including her favourite player Pat LaFleur.

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Manitou Springs Resort

recognized as business of the year by Tourism Saskatchewan

BY JENNIFER MACDOW SMITH
OF SP SPECIAL PROJECTS

Since it was built in 1957, Manitou Springs Resort has grown to become a popular destination for those looking to take advantage of the healing spring waters that flow there.

A previous summer time only pool had burned down in 1985 and the decision was made to create a year round facility. According to current owner, Dwight Hayter, the new pool was a lot right out of the gate and a hotel was followed in 1991.

Hayter took over the reins of the resort in 2008. Since then he has dedicated a lot of time and money into updating the facility and services it offers. Hayter is also taking over the new resort given the pool was a total health and replaced a lot of the flooring throughout the resort.

The spa was then expanded with added services and more space. Beauty Spa offers a full spa menu of treatments including massages, reflexology, manicures, pedicures, and facials. There are also spa services dedicated for couples' massages and treatments.

The gift shop was also available to one, carrying a large selection of water glass items, bathrobes for men, women and children, and spa products.

"A lot of spa products are made from the minerals that come from the lake," says Hayter. "We have local arctic Manitou sand and a lot of olive, and, of course, we have local fish."

A new patio was added this year with over 5000 square feet of space. Guests have access to the beautiful steakhouse patio. The space can also host weddings or other events.

All of the renovations and expansions have paid off. Manitou Springs was named to the list of Top 100 Spas in North America by Spas of America. In April of this year Manitou Springs Resort was awarded the Tourism Saskatchewan Business of the Year Award for 2014.

"Winning this award was a direct reflection of the hard work and dedication of our wonderful staff here at the resort," Hayter says.

In fact, Hayter credits the staff as part of the reason so many visitors return again and again to experience the healing waters and spa offerings.

"Our staff and department managers continue to focus on providing our guests with high levels of customer service, and an overall positive tourism experience," says Hayter. "Our recreation and meeting hours have increased over the past year, as Saskatchewan



Manitou Springs Resort is a popular destination for those looking to take advantage of the healing spring waters that flow there.

businesses and organizations are embracing the advantages of our central location, peaceful setting, and our spa, massage and relaxing services.

Of course, the main reason so many people continue to visit Manitou Springs is the large heated indoor seasonal spa with its therapeutic properties.

"Our unique and therapeutic mineral water, combined with the tranquility of Manitou Beach and Little Manitou Lake, makes our destination a very relaxing retreat for not only tourists, but many local groups as well," says Hayter.

In addition to the pool, the resort offers a wide range of services. It's a great place to spend the quiet country evenings with a hot stone bath, large outdoor patio, and a pool-side cafe where you can order while relaxing.

Many guests book vacations throughout the year because of Manitou Springs central location. Just one hour drive from Saskatoon and an hour and 45 minutes from Regina, Manitou Springs offers the convenience of a land gateway, plus all the amenities for a relaxing and relaxing vacation.

The resort is a popular choice for a romantic get away for two with Water's Edge Restaurant, a dining experience worthy of a special occasion, or a fun week end away with your family for more than just a vacation.

"People should come and give our massage pool a try, as there is another place like it in Saskatchewan where you can float effortlessly in a pool and at the same time relax your mind from your busy life," says Hayter.

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NEW JUBILEE
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PHOTO: KAREN DODD/LEP

The Jubilee Drive-In Theatre in Manitou Beach has entertained Saskatchewan families for the past 60 years

BY KATHARINE HAMILTON
FOR POSTMEDIA
ON SPECIAL PROJECTS

Manitou was a driving force behind Bruce Barrett's decision to take over as owner of the Jubilee Drive-In Theatre in Manitou Beach.

The iconic Jubilee is one of the last remaining drive-in theatres in Saskatchewan, located next to the Manitou and Duarte Regional Park. A few years ago, the Village of Manitou Beach purchased the land from original owner Bert Crowder and passed it to Manitou Homes Inc. (now owned by Barrett) to run the drive-in.

"Growing up, there was a drive-in in Regina that I frequented. I thought it was a great experience," said Barrett. "As a drive-in fan, you can come as close as you want to the action, bring your baby and you have the freedom to adjust your seat and the volume. One of my favourite memories is going to the drive-in with my wife for date night before we were married."

He added that "I had always wanted to own a drive-in. I heard about the place when my wife and I went to see The Lone Ranger. That night I phoned my wife. I'm going to own the place now! Her: Strongly enough, I kept back and she sent me an e-mail about it. I contacted her, and she said, 'I'll be there'."

As the new operator, Barrett's mandate has been to stick to the tradition that has made the drive-in so successful. The Jubilee has celebrated its 60th anniversary this year. The theatre has a vintage popcorn machine outside the drive-in itself. The theatre has moved from its former location down its road but flooded by rain and a break in the road that caused a car to go stuck.

The summer, the Jubilee will be showing movies every weekend with a classic theme. The titles include kids' movies such as *Grease* and *The Goonies*, Jane Fonda and adult features like *Grease*, *Jane Fonda* and *The Goonies*. The Jubilee will be showing *The Goonies* and *The Goonies* on Friday night. Double features cost \$10 per car and the theatre also hosts a 20-seat indoor theatre. A full cash bar will be available during all performances.

"To help carry on the traditions of the drive-in is a pretty cool," said Barrett. "We have some amazing people who come out and see it. They remember the fun from when they were a kid, but their kids have never seen it. If you come out to see some-

thing, you can see some classic movie like *Grease* and it's \$10 for your whole car. And, that's a good night out."

One new change that Barrett is being forced to make involves the change from 35mm film to digital film. "It's a challenge for me to get my hands on the film. The problem is digital projection, not very expensive for small businesses, especially seasonal ones like drive-ins."

Last year, Barrett was forced to close whenever rain came as he could not see the old screen. Sometimes, this meant he wouldn't know what the theatre would be playing the next week. This year, the Jubilee has got permission from a couple

of studios to buy licenses to play DVDs, which is why the theatre will be playing older titles.

"It's also push to digital content. We've killed a lot of small movie theatres," Barrett said. "We had to look outside the box to keep the movie from going dark this season. I am hopeful that with success of fundraising by the Village of Manitou Beach we can make the transition to digital content."

As the Jubilee goes through a transition, Barrett reiterates how important it will be for the community to show their support. Attendance in the past few years has certainly been promising. The theatre

averaged 60 people a night last season and is averaging nearly 300 people a night this year so far. Barrett noted that one of the biggest ways people can show their support is to treat themselves to some buttery popcorn or a refreshing drink during the show.

"It's important that people support the experience," he said. "A significant portion of the ticket money goes to the Village of Manitou Beach. If someone wants to pay the \$20 bucks and bring their own food, they're basically signing our death warrant. Those concessions also can help pay the bills."

For more information on the Jubilee Drive-In, visit www.moonlightmovie.com.

BIG

SMALL-TOWN hospitality

CITY FLAVOUR

Don't be deceived by its small location, John's Plate Family Dining, 212 First Ave. W., is a contemporary restaurant that coast to coast city flavour. Since 2008, John's Plate has been serving delicious, hearty, and satisfying meals to its customers. The menu is a mix of classic and contemporary dishes, all prepared with the finest ingredients.

This is no ordinary, small, cozy, deep-fried food. For John's, it's all about quality and adding a personal touch to every meal. That's why the ingredients are locally sourced, the service is always first-class, and the food is always fresh and prepared to your specifications.

"People have noticed that the menu is an offer of difference," said John. "They realize the effort that we put into our menu. For example, we have seasonal chicken and seafood options, because we know people are eating healthier and we know the best is always the local. So, we always have good things on the menu that are fresh and healthy."

The most popular lunch item is the steak sandwich. All of John's steaks are Canadian A&B and aged over 30 days to enhance tenderness. As well, daily lunch menu features menu changes with the season.

To support, again, the steak is a favourite. "The steak is our popular item, because of the great selection and because you can customize your meal. It's just the way you think, by use of John's Gourmet Prime. That's why it's all about quality and a great taste. It's not just a steak, it's a steak. You'll find it in every menu item. We're proud of it."

Save lots of money for dinner though, there's an extensive selection of daily specials. John's recommends the business plate — \$19.95 (specialty).

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John's Plate
FAMILY DINING

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four places for the best steak in Saskatchewan

WWW.JOHNSPLATE.CA

Watrous Manitou Beach



RACHEL FORD/PA

Village Park offers a tasty selection of freshly baked pastas.

CONTINUED FROM PAGE 7

and parks facilities.

The restaurant is owned by Andy and Francine Karpaguetz. Beyond the amazing food, Andy and the restaurant provides an incredible atmosphere.

"We first opened in the fall of 1995 and have not stopped improving our establishment since," he said. "We have over 300 seats available with the option of our classic and unique dining area, or drop by our sports bar lounge and enjoy a night out with family and friends. From our friendly staff, comfortable and classic atmosphere, quality and great

value, we strive to do our best to meet and exceed the demand of our customers. We also have full-scale gourmet catering for all your events."

Other dining options in the area include:

MANITOU BEACH

Burger Bay (Bremont)

— Main Beach, 315 Maclellan Way West Road, Ice Cream

Danceland (Lacombe) — 311 Lake Avenue

Balliet, Special Events, Catering Menu
Manitou Beach Golf Club Restaurant
 — Highway 1355 East Road, Beach

Water's Edge (Lacombe) — Location: Sprague Hard Sports Lounge, Steak, Skip & Loach Specials, Catering & Banquet Services

Water Crest Cafe — Mainway Sprague
 Hard Bar Food Beach

WATROUS

Peachwood Restaurant — 383 Main Street
 Canadian, Chinese Cuisine, Buffet

Seaway — 181 Main Street South Beach, Sappies

TB's Bar & Grill — 332 Main Street
 Canadian, Dishes, Pies, Chickens

Toni's Restaurant — 188 3rd Avenue
 West Canadian, Chinese Cuisine

Watrous Bakery — 305 Main Street

Pastries, Baking, Cakes

Watrous Hotel (Lacombe)

— 662 2nd East Highway #2

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 dual pane windows, 2 year warranty
 used \$69,737
Sale \$54,926

2015 WATROUS/MANITOU BEACH SUMMER COMMUNITY EVENTS

July 1 — Canada Day Celebration (Manitou Beach)

July 4-5 Spirit of Manitou Studio Trail

July 23 — RCMP Musical Ride (Watrous Sports Grounds)

July 24-25 — Fallow Threshing (Watrous Carling Park)

July 25 — Watrous Fun Run Show 'n' Shine (Watrous Main Street)

Aug. 13 - 16 — Manitou Maple Madness Chainsaw Carving Competition (Manitou Beach)

Sept. 4-5 — Rock'n Roll Weekend (Danceland)

Sept. 17 - 27 — Fall Polka Fest (Danceland)

Farmers Market **Every Saturday** (Watrous Civic Centre)

Flea Market **Every Sunday** (Manitou Beach Sports Grounds)

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EVENTS

What you need to know to plan your week.
Send events and photos to QC@leaderpost.com

MUSIC

Wednesday, July 3

Canada Day main stage
1 a.m. 18th Arts
2 a.m. Smoke Break
3 p.m. Crystal Showlands
4 p.m. The Ram Runners
5 p.m. MIA FFA
6 p.m. Harkness
8 p.m. Offshore
Wessex Centre

The Bay Dungs
Lewells, 2330 Albert St.

Roy Webb, Carl Johnson
Orionians, 1847 South St.

Thursday, July 4

Live music
Fat Burger 1850 South St.

Karaoke
8 p.m.-2 a.m. The Sp, 306
Albert St.

Tom Cochran
Cresto Regina Show Lounge
1850 Saskatchewan Dr.

Reese Miller, The Royal Red
Brizola, White Women
The Club on The Decharge,
3431 Elgin Ave.

Friday, July 5

Live music
4-7 p.m. March Lounge,
Hudson's Bay Centre, 225
Victoria Ave.

Wesley Owen Circle
Instruments provided
7:30-9 p.m.
The United Sports Centre, 3016
Doran Dr. Call/Info, 366-550-
2911.

Karaoke
8 p.m.-2 a.m. The Sp, 306
Albert St.

Hawking, Highway
Orionians, 1847 South St.

Break Down Party Band
McMurry's, 2228 Broadway Ave.



Crystal Showlands plays at the Canada Day mainstage in Moose Centre on Wednesday.

Real and Poetry
The Exchange, 2431 Elgin
Ave.

Trigger Bang
Edwards, 2300 Dewdney Ave.

Saturday, July 4

AfroFest
Featuring Adam Salomoe
and the Tikas Band, Casimir
Shukri, Nafise Band, Afro
Nigeria Dancers, Yombi
Dancers, Tribal
Dancers, 1850
Saskatchewan Dr.

Open Acoustic Jam
3:30-8 p.m. Broadway's
Lounge, 1307 Broadway Ave.

Live music jam
All types of music welcome.
Hosted by Elvin Kostino.
4-8 a.m. The Spa-306 Albert
St.

Outdoor karaoke
4 p.m.
Broadway's Lounge, 1307
Broadway Ave.

Karaoke
8 p.m.-2 a.m. The Sp, 306
Albert St.

620 GRCM Proudly Sash-
Casino Regina Show Lounge
2260 Saskatchewan Dr.

Tessie Mockingbird
McMurry's, 4:228 Broadway Ave.

Trigger Bang
Edwards, 2300 Dewdney Ave.

Sunday, July 5

Opening night
Featuring: Catharina Ciesley
and Amy Hells, violin, Jan-
son Ward, viola, Marilyn da
Oliveira, cello, Nafise Dawl-

ing, piano Regina Chamber
Music Festival
1:30 p.m. Westchester United
Church, 3025 13th Ave.

Open Jam
3-6 p.m. Mojo Club, 839 Vic-
toria Ave.

Karaoke
8 p.m.-9 a.m. The Sp, 306
Albert St.

Monday, July 6

Monday Night Jazz & Blues
Buckwheat, 2206 Dewdney

Karaoke
8 p.m.-9 a.m. The Sp, 306
Albert St.

Tuesday, July 7

Karaoke
McMurry's, 2228 Broadway Ave.

VISUAL ART

Art Battle
July 4, 7 p.m.
Artful Dialect, 1531 7th Ave.

Blind in The Word
Featuring works by Heather
Clive, Gail Ann Stew, David
Gardner, Monica Kennedy,
Christine Dennis and Anita
Pocamom.

Until July 4. Meta Gallery, 106-
2300 Broad St.

Seth Dominion
The elaborate over-expand-
ing work in progress of the
renowned Canadian cartoon-
ist Seth Dominion unfolds the
confidence of many com-
munities past (Depression and
Second World War), when
the North American economy
expanded, manufacturing
spread, and many cities were

characterized by levels of city
engagement rarely seen today.
Until July 5. Dundas Art Gallery
— Central Branch, 2381-12th
Ave.

Robbitt & Reson
Rich Artfully and Marlow
Lemmens explore the signifi-
cance of diagrams and other
forms of economic modelling
as agents of social, cultural
and subjective change.
Until July 11. Neutral Ground,
1850 South St.

Hausthor Banning: Rural AS-
trophies
Until July 11. Slate Fine Art Gal-
lery, 3076 Halifax St.

Handmade Homes for Birds
Bills, Butterflies and Bees
An array of handmade bird-
houses and homes for birds,
bees and butterflies by artists
and makers from Saskatch-
ewan and beyond in advance
of New Danes Hortons' Secret
Gardens Tour. Until July 12. Doubletree
by Hilton Hotel lobby, 1875 Broad
St.

Little Big garden show by
Dish including

An exhibition of handmade
and fully-functional miniature
farm equipment and tools. In
advance of New Danes Hortons' Secret
Gardens Tour. Until July 12. New Danes Hor-
tons, 2207 Harvey St.

A Sublime Vernacular: The
Landscapes Paintings of
Levina Pleshchik

The first overview of the
artistic oeuvre of Levina
Pleshchik (1918-1974), an
immigrant painter who sold
thousands of reproductions of
essentially the same landscape
paintings in national parks, re-
sorts, department stores and
bars across Western Canada
from the late 1930s through
the early 1960s.
Until Aug. 9. MacKenzie Art
Gallery, 3474 Albert St.

EVENTS

Summer BioFactions In
Contemporary Canadian
Fine Art

The Artists of Scott Nicholson
Fine Arts
Until July 31, Regina Centre
Dressing, 1620 Albert St.

Dimensione

The Saskatchewan Craft
Councils biennial present ex-
hibit features work in ceramic,
textiles, metal, glass and
mixed media.
Until Aug. 16, Mackenzie Art
Gallery, 3475 Albert St.

David Theubergan: Road
Trips and Other Dimensions

This exhibition presents a dy-
namic installation examining
key themes and working pro-
cesses, developed throughout
Theubergan's more than 40
years as a maker and thinker.
Until Aug. 23, Mackenzie Art
Gallery, 3475 Albert St.

Rise: Colonel Glenn A

Swensson, with a dash of felicit-
ity, this exhibition curated by
university students includes
artworks that trace vibrant
pathways into the imaginary
until Sept. 7, Mackenzie Art
Gallery, 3475 Albert St.

Mousses Gallery

2146 Albert St.
Open Tuesday to Saturday, 10
a.m.-9 p.m.

Oakland Grid and Fine Arts
Oil and ink paintings by Chi-
nese artists Lingling Jiang and
Huang Tian.

2312 Smith St. Open Monday
to Saturday, 10 a.m.-5 p.m.

COMEDY

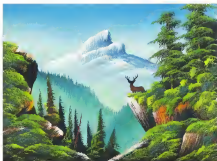
The Laugh Shop

Live stand-up every Saturday
night, 8:30 p.m.
Riverside Hotel, 1818 Victoria
Ave.

PERFORMANCE

History Alive! Vignettes

Live skits depict important



Levin Rindberg cartoon is on display at the MacKenzie Art Gallery. sasknews.com

historical moments in Saska-
atchewan history each lasts
30 minutes.

Sunday and Tuesday 9-4 p.m.
Government House, 4407
Dewdney Ave.

History Alive! Vignettes

Use skits depict important
historical moments in Saska-
atchewan history each lasts
30 minutes.
Monday 1-4 p.m.
Legislative building, 3495
Legislative Dr.

The 11th Annual Regina
International Fringe Theatre
Festival Kick-off

July 7, 10-11 a.m.
Antares, 3627 12th Ave.

Fringe preview night

See short scenes from fringe
shows being presented at the
Festival this year.
July 7, 7-10 p.m.
Antares, 3627 12th Ave.

Living Poets Society

Spoken word open mic night
every Tuesday, 9 p.m.
Hush Lounge, 2150 Broad St.

DANCING

Salsa on the Plaza

Every Thursday, 7-11 p.m.
City Squares Plaza, downtown

SPORTS

Sepak Takraw in the Park
Wednesday, 6:30-8:30 p.m.
Victoria Park

Regina Red Sox vs. Melville
July 4, 7 p.m. Duns Field

Belling Against Breast
Cancer

Six-arch tournament
July 4 and 5, all day
Rembler Park Diamonds.
Sandra Schindler Way

Canada Day Classic Regatta

July 4 and 5, all day
Wascana Lake

Prinle Gold Senior Ladies
championship
July 4-5 in Regina.

Regina Red Sox vs. Melville

July 4
July 4, 7 p.m. Duns Field

What you need to know to plan your week.
Send events and photos to QC@leaderpost.com

Gallerie unit area, Crique Rive
circuit and main.
July 1, 11 a.m.-evening
Wascana Centre

Stars and Stripes

Wednesday, 12 p.m.
Glenora Odeon Southland
Hall, 3025 Gordon Rd.

Build and Grow Clinics

Build a special feature project
for children ages 3 and up
Saturday 10 a.m.
Lewes, 4595 Gordon Rd.

Michelle Kade Club

Sunday 10 a.m.-noon
2088 Prince of Wales Dr.

Family Favourites Film

Enjoy a favourite film for
\$2.99
Saturday, 11 a.m. Galaxy Chi-
nemas, 430 McCarthy Blvd. N.

Regina Floral Conservatory

1435 4th Ave.
Open daily, 1-4:30 p.m.

Family activities

Saturday and Sunday 2 p.m.
Saskatchewan Science Cen-
tre, 2950 Powerhouse Dr.

Family Studio Sundays

Sunday, 2-4 p.m.
Mackenzie Art Gallery, 3475
Albert St.

Science Time for Kids

Interactive workshop aimed at
early learners.
Tuesday, 9:30-10 a.m.
Saskatchewan Science Cen-
tre, 2950 Powerhouse Dr.

Exploration Day in the Park
for Kids

For children aged 3-12. Pre-
registration required; call
Jovita at 306-358-7943.
Tuesday 9:30-10:30 a.m.
Victoria Park

Drop-in crafts and give

Free event for kids aged 5-16.
Tuesday 4-6 p.m.
Eastview Community Centre,
875 6th Ave.

MUSEUMS

Alec Woychuk Museum

1603 Fourth Ave.

Hours by appointment only
(306-923-3000).

Civic Museum of Regina

1215 Broad St.
Tuesday-Friday 10 a.m.-4 p.m.
Saturday noon-4 p.m. Closed
Sunday and Monday.

Government House Museum

4407 Dewdney Ave.
Open daily 9 a.m.-5 p.m.

RCMP Heritage Centre

5907 Dewdney Ave.
Open 10 a.m.-5 p.m. daily.

Regina-Heritage Museum

1205 Ross Ave.
Hours by appointment (306-
777-7744).

Regina Floral Conservatory

1435 4th Ave.
Open daily, 1-4:30 p.m.

Royal Saskatchewan Mu-

seum
2445 Albert St.
Open 9:30 a.m.-9 p.m. daily.

Saskatchewan Military

Museum
1608 Elphinstone St.
Open Monday and Thursday,
7-9 p.m., or by appointment
(306-347-9349).

Saskatchewan Science

Centre
2950 Powerhouse Dr.
Tuesday-Friday 9 a.m.-5 p.m.
Saturday-Sunday and holi-
days, noon-5 p.m.
Closed Mondays

Saskatchewan Sports Hall of

Fame
2353 Victoria Ave.
Monday-Friday 10 a.m.-4 p.m.
Closed weekends

OTHER

HAPPENINGS

Regina Farmers' Market

Wednesday and Friday, 9
a.m.-12 p.m.
City Square Plaza, 12th Avenue
and South Street

EVENTS

Canada Day celebration
Features children's activities and entertainment, strongman competition, Plywood Cup, beer gardens, music and more.
July 1, 3 a.m.-evening
Wassenaar Centre

RCMP Sergeant Major's Parade
Wednesday, 12:45 p.m.
RCMP Depot Division, 5620 11th Ave.

Lieutenant-Governor's Garden Party
Entertainment, children's activities and refreshments.
July 1, 4-6 p.m.
Government House, 4807 Devonley Ave.

All Nations Healer Thru Arts
Learn to play music, dance and perform in free artistic workshops, cultural teachings and employment workshops. For people ages 13 to 22 on a budget.
Wednesday, Monday and Tuesday, 5-7 p.m. (supper 4-5 p.m.)
WCM, 3540 McIntyre St.

RCMP Sunset Retreat Ceremony
July 1, 9:45 a.m. RCMP Academy "Becot" Division

Yoga Party
Thursday, 9-9 p.m.
Victoria Park

Alivez
Live performances and workshops, African food and marketplace, beer garden.
July 3, 9:30 a.m. Free
July 4, 1:30 p.m. \$10
City Square Plaza/Victoria Park

Art in the Park
Kids, ages 1-100 p.m.
Victoria Park

Cult vs. Cultural Showness and gals
Latino culinary arts, dancers (jovene, salsa bachata and



The Lieutenant-Governor's Garden Party is a Canada Day tradition at Government House. GP/PA PHOTO BY MICHAEL LITL

Thursday, 9:30 a.m.
East Sanctuary, Living Spirit Centre, 3015 Devon St.

RCMP Sunset Retreat Ceremony
Every Tuesday, 5-45 p.m.
RCMP Academy, "Becot" Division
July 3, 9 p.m. La Familla Latino Latino, 1675 Toronto St.

Chavez Challenge
Drop-in pathwork of board games and puzzles.
Every Tuesday, 6 p.m. - midnight
Barton Plaza, 545 Albert St. W.

* FILM

Face of an Angel
Drama
Producer-director Thomas Lang (David Smith) is offered the chance to adapt a book by American journalist Simone Ford (Kate Beckinsale), which recounts the controversial trial of American student Jessica Paeffer for the murder of

her roommate Elizabeth Foyke.
Thursday-Tuesday

An Eye for Beauty
Drama
Luis, a talented young architect, lives a peaceful and perfect life with his wife Josephine in a charming Chateau. He is accepted as a member of an architectural jury in Toronto, where he meets Lindsay, a mysterious woman who turns his life upside down. In French with English subtitles.
Thursday-Sunday

Reynolds Public Library Theatre
2341 (20th Ave.), 306-777-8104

D-Day 3d Normandy 1944
Documentary
On June 6, 1944, the largest Allied operation of the Second World War began in Normandy, France. This film provides a new, penetrating look at this moment in history, distilling multiple cinematic techniques

What you need to know to plan your week.
Send events and photos to QC@leaderpost.com

Jewish, Christian and Muslim — as archaeologist Dr. Jodi Magness explains some of the most extraordinary historical sites in the region. Narrated by Benedict Cumberbatch

Answer liner
2003 Powerhouse Dr
306-522-4828

NEW MOVIES

Magic Mike XXL
Comedy
Three years after retiring from stripping, Mike (Channing Tatum) takes his wife, former King of Tampa Brides, who appear burned out from performing, Ken (Matt Stone), Big Dick Richie (Joe Manganiello) and Tito (Adam Rodriguez) collectively decide to throw in the towel and leave Myrtle Beach with a bang. While en route to their final show in Jacksonville and Savannah, the crew reunites with old friends, picks up a few new girls and a few new dance moves along the way.

Terminated on Genesis

Active
In 2015, resident area leader John Connor (Jason Clarke) continues the war against the machines as he visits the facilities in the Los Angeles suburbs. As the fears of the future begin to emerge when TEGOM copies reveal a new plot by SkyNet that will attack him from both fronts — past and future.

Galaxy Cinema
4200 McCarty Blvd W.
306-522-9096

Chapman Odan
Southland Mall Cinema
3020 Quaker Rd., 306-522-3393

Starline Cinema
Golden Mile Shopping Centre
3800-48th St. 306-359-5250

Friendships are a free commodity
service offering QC. Ratings will be
provided. Please read
information on each movie before your
visit.

GARDENING GEAR

Stay safe in the garden this summer

By Earl Svendsen

Gardening isn't an Olympic sport yet, but it can be a physical if not strenuous outdoor activity that because gardening is seen as a leisure pastime instead of a sport, people just go out and do it with little thought to taking steps to avoid preventable injuries. Here are a few tips to stay safe and healthy.

There's a lot of digging, pulling, walking, grasping and lifting when gardening. Obviously these activities involve muscles. You wouldn't think of going for a run or working out without stretching — gardening shouldn't be any different. Stretching can increase your range of motion, relaxes muscles and protects joints. Spasms and strains occur on your legs, arms, back and neck. And as any mother always warned, "Lift with your knees, not with your back."

Gardening is an outdoor activity usually when it's sunny and warm.

Drink water to stay hydrated. Avoid the noon-day sun (noon to 2 p.m.) if you can. Early in the day and late afternoon are the best gardening times. But if you have to work when it's hot, at least try gardening in the shade and limit your time outside. Wear a hat to protect your brain for overheating. Early signs of sunstroke include sudden dizziness and weakness, sudden headache, little or no sweating, hot and dry skin and a rapid heartbeat. More severe symptoms include muscle cramping, vomiting and coma. If you experience the early symptoms, move to a cooler location, drink a cool sweet, salty beverage (i.e. sports drink) and remove restrictive tight clothing. Seek immediate medical treatment for more severe conditions.

Slather on the sun screen (SPF) to prevent sunburns, sun-related skin aging and skin cancers. Wearing sunscreen is just as important when it's overcast and cooler, as enough UV rays pass through the clouds to cause significant burns.

With the introduction of West Nile virus in Saskatchewan, it has become important to protect your self from mosquitoes, especially in July, August and early September when the main summer (Culex tarsalis) is most active and in high numbers. Protect yourself by covering up, wearing a repellent containing DEET (scarier to old of human mosquitoes and eliminating mosquito-friendly habitat (over grass, standing water, open water barrels, etc.) around your yard.

Leather gloves protect the hands from cuts from sharp tools and spray plants. Leather, light-colored clothing allows for proper blood flow and keeps you cool as well as provides protection from insect bites, the sun and accidental exposure to plants that may cause skin irritations. When pruning or weeding near shrubs or other potted plants, wear eye protection. Eye protection is also important when using weed trimmers and other power equipment. Also, think of your feet when



Rubber boots, hat, safety glasses and leather and vinyl gloves are just some of the equipment for staying safe and healthy in the garden. Photo by DL, submitted

moving — avoid sandals, it's best to wear leather boots.

When applying pesticides follow label instructions for both application rate and protective gear. At a minimum, wear pants, long

sleeves, chemical resistant gloves (i.e. nitrile) and rubber boots, not leather. Close doors and windows. Keep pets and children away during application. Stay out of treated areas for the recommended period.

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SHIRTS

"ENOUGH" LAUNDRY STARTING AT

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All other in stock items up to 70% off



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OUTSIDE THE LINES



Colouring contest

Each week, artist Stephanie McKay creates a family illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to leederpost.com. One winner will be chosen each week.

Please send **high-resolution** pictures and include the child's name and contact information.



Last week's QC colouring contest:

winner was **Tyler Smith**.

Congratulations! Thanks to all for your colourful submissions. Try again this week!



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ON THE SCENE

WEDNESDAY NIGHT LIVE

Jon Ryan is all about giving back to the community.

In 2013, the Seattle Seahawks punter who was born and raised in Regina began hosting the Jon Ryan Charity Golf Classic to benefit the Rob Ryan Scholarship Fund and the Alan Ryan Cancer Centre. Ryan's father died of cancer in 2009. The scholarship was set up to provide financial assistance for University of Regina Rams players.

The fundraiser's astounding success has prompted Ryan to reveal his charitable foundation, adding "Goal 4" to provide football equipment for kids playing in the Regina Minor Football League.

Preceding this year's golf tournament, which was held June 28 at the Royal Regina Golf Club, Ryan's father-in-law, comedian Sarah Colonna, hosted Wednesday Night Live at the Saskatchewan Sound Stage. The evening included comedy of course, as well as performances by country music artist David Bamford and rockers The Tines.

GP PHOTOS BY TROY DUCLETTE



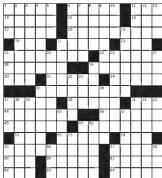
1. Anna Blinn and Andy Cho
2. Michelle Schramme, Brian MacDougall, Madin Lucy
3. Megan Rempel and Deb Rempel
4. Sarah Colonna performs
5. Jon Ryan and a woman
6. Jon Ryan and a woman
7. David Bamford and The Tines
8. Jon Ryan and a woman
9. Jon Ryan and a woman
10. Jon Ryan and a woman

#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 President's president to win a Nobel Peace Prize
 4 Fantasy league deal
 8 F.D.R. enemy called in
 14 Game when white "Lancelot"
 16 Time here slumber old style
 18 Social media
 22 Ancient mauling
 24 Dragon DiPietro
 26 Halfhearted answering
 30 Help with number
 31 Little House locale
 32 Co. blogs board from
 33 Act plays are "Lancelotti"
 35 Winter recreation
 36 Lulu's weather say
 38 Quake only city
 39 Song regarded as "Tiny Tim"
 41 Salween blossoms
 42 Ring 1 ring for balls
 43 W. Allen cartoon
 47 Little big band melody
 48 Carol's phrase
 49 London's Poldnagham
 50 "Hole"
 54 Name of a Subliminal
 56 Transport in at Ellington Lane
 58 "I'm up"
 60 Colossal clippers
 62 Federal procurement
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PIZZLE BY JIM DUNLAP

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 3 Took us one town
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ARTS & LIFE

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Solution to the crossword puzzle and the Sudoku can be found on Page 27.

JANNIC CLASSIC SUDOKU

Level: Silver

Fill in the blank only using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.



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WIE WORLD

NEW ZEALAND SAUVIGNON BLANC

Villa Maria offers patrons a bright, acidic wine

By James Romanow

As winemakers become ever more sophisticated and worldly, the trends they make to wine become more fascinating. Long before they even put their hands on a real crop, they have learned how to apply a handful of different techniques to produce wines on a almost different styles.

Take, for example, this week's wine label reading: tells you it is another New Zealand Sauvignon Blanc from Marlborough, the favorite region. Villa Maria produces a light sparkling, which indeed it is.

When you sniff the wine, you get the best part that is a dry but fresh, quite a bit of fresh, bright citrus and berry aromas, and a touch of herbs. (Rich Marley would approve.) The palate though, is where the wine becomes more interesting.

The very slight effervescence glossed on the label is indeed there. However the bubbles are small and much more persistent than you would expect. Near is the wine particularly light. The alcohol levels are 13.5 percent. The carbonic acid from the CO2 means the first and last thing you notice on your tongue is the first to not quite get from the acidity. The pH is 3.5 and the total acidity is more than seven grams.

In short this is a good wine for the big league. That's what you need for people who really like a very bright, acidic wine. I expect a few of you know Sauvignon Blanc will find it a bit too much. But I like acidic wine and wine the wine is a nice surprise. It makes a great place to drink the best of the day from your tongue. I wish the bubbles had a bit more hang time though.



My take: a very bright, acidic wine. I expect a few of you know Sauvignon Blanc will find it a bit too much. But I like acidic wine and wine the wine is a nice surprise. It makes a great place to drink the best of the day from your tongue. I wish the bubbles had a bit more hang time though.

Villa Maria Lightly Sparkling Sauvignon Blanc: \$19.99, \$19.99

The Lock Wine Monitor of wine next to the day, Sauvignon Blanc was accessible on Twitter @drabone

Crossword/Sudoku answers

OBAMA	TRADE	TVA
VIDAL	MAKED	GAR
AGORA	ANIMUS	T
EPIC	MIAMI	PEG
CATSCANT	SKIBOD	
DREARY	PERKAGE	
LSD	OASIS	NIGHT
	RUSH	WASNT
OCTIL	CHITRE	STA
LOW	ST	TRIN
ALIENS	MATH	WISNT
GSA	HOODS	THY
KATY	DIDNT	QUITS
ITE	TRITE	TAMIL
XED	STEER	SLIMY

7	3	6	5	4	1	9	2	8
5	8	9	7	6	2	1	4	3
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9	6	4	2	7	5	3	8	1
3	5	8	6	1	4	2	7	9
1	2	7	8	9	3	6	5	4
6	9	5	4	3	7	8	1	2
2	7	3	1	5	8	4	9	6
8	4	1	9	2	6	5	3	7

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Queen-Size \$599⁹⁹ per 100 Cals

King-Size \$899⁹⁹ per 100 Cals

Clausen Perfect Sleeper

Twin-Size \$549⁹⁹ per 100 Cals

Double-Size \$599⁹⁹ per 100 Cals

Queen-Size \$649⁹⁹ per 100 Cals

King-Size \$949⁹⁹ per 100 Cals

Kolten Perfect Sleeper

Twin-Size \$599⁹⁹ per 100 Cals

Double-Size \$649⁹⁹ per 100 Cals

Queen-Size \$699⁹⁹ per 100 Cals

King-Size \$999⁹⁹ per 100 Cals

Ridgeport Perfect Sleeper

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Double-Size \$749⁹⁹ per 100 Cals

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